

Abstract

The present invention is a unique device for ensuring side sleeping to alleviate snoring. It is more dependable and comfortable than any previous invention for remedying snoring and mild sleep apnea. It lessens airway blockage caused by collapse of the soft throat tissues and the back of the tongue due to gravity by preventing a person from sleeping in the supine position where the worst snoring occurs. The design of the present device is fundamentally different from all prior art invented for this purpose. The present invention comprises an elongated polyurethane foam diaphragm with compressible, preferably polyethylene foam, stop blocks attached to its outer surface at opposite lateral sides, all contained in a fabric main enclosure which is wrapped around a person's body. Cushion sleeves of the same or similar material, containing polyurethane foam pads, are attached to each lateral side of the fabric main enclosure and joined together at the front of the person's body by Velcro or other positive means. An external, detachable friction band of soft stretchable material is attached to the body side of the device to prevent rotation of the person's body within the device.